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WINNIPEG metro®

Thursday, August 4, 2011
www.metronews.ca

News worth sharing.

Aging. Abode

▶ Stubborn and resilient, the Barber House just refuses to break.

CRYSTAL LADERAS/FOR METRO

The house that rose from the ashes

The Barber House has been through two fires, but Winnipeg's oldest home made a grand return yesterday, looking brighter and more youthful than it ever has. The historical home is now the neighbourhood seniors' drop-in centre. For full story and more photos, see metronews.ca/winnipeg.

Mother's dying words read to killer

Female co-accused remains before courts

A dying mother's words aimed at her son's killer rang out in a Winnipeg courtroom yesterday, but her own death denied her the chance to speak them herself.

Instead, another relative of 45-year-old beating victim Mark Harreveld delivered the words his mom wrote, but never spoke.

"All I want is justice done and the question I always ask myself is why the accused — if he didn't intend to cause Mark to die, why did he not phone 911? He could have done it anonymously," Jarda Harreveld wrote in a victim-impact statement.

"To lose a son, my friend, my companion, my helper — there are no words to describe this loss."

Ivan Anderson is a free man today after serving two and a half years behind bars pending trial for manslaughter for Harreveld's killing at a downtown Winnipeg apartment suite in December 2008.

Court of Queen's Bench Justice Brenda Keyser gave Anderson, 30, double credit for the pre-trial time, raising his sentence on paper to five years. He was charged prior to a legislative change that barred such credits.

"This was a terrible loss and he was my son."
JARDA HARREVELD, MOTHER OF BEATING VICTIM

Jarda Harreveld — 83 and sick with a chronic illness — died shortly after Anderson pleaded guilty to killing her son as part of a plea deal with the Crown. He was originally charged with second-degree murder and never applied for bail.

Court heard Anderson went to Harreveld's apartment for a drinking party and an altercation erupted. He was arrested at a room in the Maryland Hotel hours after Harreveld was pronounced dead.

In an interview with police from jail, Anderson told police he thought he had just knocked Harreveld out. "He didn't know (Harreveld) would not survive the beating.... He was alive when he left," defence lawyer Greg Brodsky said.

Anderson, who hails from a First Nations community in Ontario, apologized to the court when offered a chance to speak.

He is expected to return to his home community. ● JAMES TURNER

1 news

New theory blames 'big splat' for our not being able to gaze up at two moons every night. Scan code for story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to **m.metronews.ca**

On the web at metronews.ca

West End BIZ's graffiti team started cleanup on Academy Road, which was littered with tags on the long weekend. Story and photos at metronews.ca/winnipeg.

Follow us on Twitter @metrowinnipeg

July was the worst month for fires — ever

July saw a record number of fires, including one that killed five people.

According to the United Fire Fighters of Winnipeg, there were 385 fires, seven deaths, 18 people were injured, and $4.8 million in property was damaged or lost.

Of those fires, at least 16 were treated as arson. The arson cases caused $4 million in damage.

A woman was charged with arson and five counts of homicide after a fire broke out at a rooming house in Point Douglas on July 16. ELISHA DACEY

In related news: July also the driest month on record

Winnipeg saw its driest July ever, according to Environment Canada.

At Richardson International Airport, only 10 mm of rain fell in July, far below the usual 70 mm.

Yet Winnipeggers don't have far to drive to find moisture — all along the Assiniboine River, lands are still flooded.

Environment Canada meteorologist Natalie Hazell called the dry spell "a drought."

Eastern Manitoba is so dry, the province has instituted a campfire ban effective immediately at all provincial parks and campgrounds. ELISHA DACEY

Recreational. Creation

▶ Winnipeg Mayor Sam Katz surveys the progress of construction at the Youth For Christ Centre for Excellence on Main Street yesterday. The controversial centre, due to open mid-October, is still $3.4 million short of its capital fundraising goal. However, the centre will be completed whether the money is raised in time or not.

JAMES TURNER/METRO

Centre almost ready to say come and play

Disabled man dies after vicious beating

Cause of death still unknown Two charged with aggravated assault

JAMES TURNER
@METRONEWS.CA

A disabled Winnipeg man has died in hospital a few days after being victimized in a brutal assault in his own apartment.

Now, homicide investigators and medial staff are working to determine whether Harvey Sanderson Jr's. injuries caused his death or if the possibility exists there's another reason for why he died.

If the 27-year-old's death is determined to be homicide, it would mark the city's 24th so far this year.

An autopsy to determine the official cause of Sanderson's death was slated for yesterday, but police couldn't say whether it would go ahead as planned, or if the results would be shared with the public.

Sanderson, who has a brittle bone disorder, was rushed to hospital Saturday morning after he was found injured in his Kennedy Street suite by his health care aide.

FACEBOOK.COM

▶ Harvey Sanderson Jr.

Police have said he may have been in there for as much as half a day prior to being found. The night before, police said, Sanderson and two other people went to his suite for a drink, and an altercation took place.

A man and a woman, each 27, face robbery and aggravated assault charges. One of them lived in the same building and both were arrested there a few hours after Sanderson was found.

Police couldn't immediately say if charges against the two suspects would be upgraded pending the autopsy results.

Your votes for best nail salon

Tiber River Naturals
3-1650 Kenaston Blvd
"Spotlessly clean, attentive (and) professional service, pedicures that last weeks (and a) wonderful in-house product line."
— *Rebecca Hadfield*

Aloha Beauty and Spa
12-1504 St. Mary's Rd.
"Very friendly staff who treat everyone like their number 1 customer. They also have treated my 5-year-old daughter as a little princess and have no problem doing her nails." — *Micheline Girouard*

Shear Image
7-433 River Ave.
"The staff is very friendly, knowledgeable and hard-working. I am always impressed with the service — just fantastic!"
— *Stephen Lipic*

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Mubarak pleads not guilty at trial

About 50 supporters pounded the gate trying to gain access Some chanted, 'We love you, Mubarak'

An ailing 83-year-old Hosni Mubarak, lying ashen-faced on a hospital bed inside a metal defendants cage with his two sons standing protectively beside him in white prison uniforms, denied charges of corruption and complicity in the killing of protesters at the start of his trial yesterday.

The spectacle, aired live on state television, was a stunning moment for Egyptians. Many savoured the humiliation of the man who ruled for 29 years, during which opponents were tortured, corruption was rife and poverty widespread.

After widespread skepticism that Egypt's military rulers would allow one of their own — a former head of the air force — to be prosecuted in front of the world, the scene went a long way to satisfy one of the key demands that has united protesters since Feb. 11, when Mubarak fell following an 18-day uprising.

"This is the dream of Egyptians, to see him like this, humiliated like he humiliated them for the last 30 years," said Ghada Ali, the mother of a 17-year-old girl in the city of Alexandria who was shot to death during the crackdown.

"I want to see their heart explode like my daughter's heart exploded from their single bullet," Ali said.

A prosecutor read the charges against Mubarak — that he was an accomplice along with his then-interior minister in the "intentional and premeditated murder of peaceful protesters" and that he and his sons received gifts from a prominent businessman in return for guaranteeing a lowered price in a state land deal.

"Yes, I am here," Mubarak said from his bed, raising his hand slightly when the judge asked him to identify himself and enter a plea. "I deny all these accusations completely," he said wagging his finger. His sons also pleaded not guilty.

THE ASSOCIATED PRESS

AP PHOTO/EGYPTIAN STATE TV

▶ This video image, taken from Egyptian State Television, shows 83-year-old former Egyptian president Hosni Mubarak lying on a hospital bed inside a cage of mesh and iron bars in a Cairo courtroom yesterday. It was Egyptians's first look at their former president since Feb. 10, the day before his fall when he gave a defiant speech refusing to resign.

Mubarak's life

Key dates in the life of Hosni Mubarak.

- **May 4, 1928** — Born in the Nile Delta village of Kafr el-Moseilha.
- **April 1975** — Chosen by President Anwar Sadat to be vice-president.
- **June 26, 1995** — Survives an assassination attempt while visiting Ethiopia.
- **Sept. 7, 2005** — First multi-candidate presidential election is held. Mubarak wins.
- **Nov. 2010** — Parliamentary elections are held that opposition parties say are marred by fraud.
- **Jan. 25, 2011** — Thousands of anti-government protesters in Cairo stage the biggest demonstrations in Egypt in years.
- **Jan. 28, 2011** — protests rock Cairo and other cities. Mubarak orders the army out on the streets to restore order.
- **July 14, 2011** — Denies responsibility for killing some 850 protesters by his security forces during Egypt's uprising.

Device attached to teen not explosive: Police

A suspicious device that had been attached to a Sydney teenage girl's neck contained no explosives and appeared to be part of an elaborate hoax, Australian police said Thursday (local time).

In a scene that could have been straight from a Hollywood thriller, bomb squad specialists worked for 10 horrifying hours to free 18-year-old Madeleine Pulver from a bomb-like device she said was chained to her neck by a man in disguise who entered her suburban Sydney home in the afternoon. She was not hurt, and officials managed to free her around midnight.

"I've been doing this job a long time and this is the first time I've come across anything like this."
MARK MURDOCH, POLICE OFFICIAL

New South Wales state police assistant commissioner Mark Murdoch said Thursday that specialists had determined the device contained no explosives. Murdoch said the man apparently had also left a threatening note in the house with specific demands that police would not describe.

"A very, very elaborate hoax as it turned out," Murdoch told reporters. "But it was made and certainly gave the appearance of a legitimate improvised explosive device. We had to treat it seriously until we could prove otherwise and that's exactly what we did and that's why it took so long."

The drama began on Wednesday afternoon (local time) in the upscale Sydney suburb of Mosman when Pulver's family contacted police saying their daughter had been attacked and there was a strange device attached to her. Bomb technicians, negotiators and detectives rushed to the scene.

Nearby homes were evacuated, streets were closed and medical and fire crews waited nearby.

Police said they had no idea why she was targeted.

"I hardly think that the elaborate nature and sophistication of this device was the result of someone who picked on someone randomly," Murdoch said.

The family also was at a loss to explain the bizarre attack, he said.

THE ASSOCIATED PRESS

'The soul and heart of a nation has died': Chief

A beloved Algonquin elder passed away early yesterday morning.

The Algonquin Anishinabeg Nation Tribal Council announced the death of William Commanda, 97, saying, "The soul and heart of a nation has died."

"A page of our history has closed with William Commanda, but Algonquin people will have an everlasting memory of a great man dedicated to defending his people and to the protection of the environment," said Marlène Jérôme, vice grand chief of the Algonquin Anishinabeg Nation Tribal Council.

Commanda was born Nov. 11, 1913, and his real name was Ojigkwanong, meaning morning star.

He supported numerous environmental, cultural and social justice causes. Last winter, despite failing health, he joined protesters opposed to a housing development in Kanata's South March Highlands.

He also lobbied for the establishment of a National Aboriginal Centre on Victoria Island. Architect Douglas Cardinal drew plans for the centre and worked closely with "Grandfather William," who became a close friend and mentor, said Cardinal's wife, Idoia Arana-Beobide de Cardinal.

"What I remember is his smile and those wise, wise eyes that just look through you and just look through time and space," she said. "I know very much that he is with us right now."

STEVE COLLINS AND JESSICA SMITH

ADRIAN WYLD/THE CANADIAN PRESS

▶ William Commanda and former governor general Michaelle Jean in 2009.

Snakes alive! There's a boa in the bathtub

KATIE TURNER
CALGARY@METRONEWS.CA

It wasn't a cat in a tree. But Calgary firefighters handled a stranded-pet case yesterday.

Around 4 a.m., the firefighters responded to an animal-distress call: A boa constrictor was in a bathtub with the water running. The truth came out in the cold light of day.

Snake owner Sarena Dobmeier had been moving from her suite in Calgary's Ranchlands.

After a night of packing, she decided to spend a couple of hours sleeping in her new home — leaving the eight-foot boa, Herc, to be retrieved later.

But during the night puzzled neighbours heard water running and called firefighters. It seems Herc had brushed up against the faucets and turned on the water in the tub.

Fire spokesperson Brian McAsey said the snake was "pretty friendly" and firefighters had no trouble transporting it to a vet.

Dobmeier said she came back at six in the morning and the neighbours said 'You won't believe what happened.'"

Said McAsey: "It opens itself up nicely for a snakes and ladders joke."

TORY PEP TALK

PM visits Rob Ford

Stephen Harper says it's time to complete a conservative hat trick and defeat Ontario's Liberal government.

The prime minister made an unannounced visit to a barbecue at the family home of Toronto Mayor Rob Ford, the populist conservative elected last fall on a platform of ending the municipal "gravy train."

Harper said he and Ford are each cleaning up a "left-wing mess."

THE CANADIAN PRESS

The 'damsel in distress'

Wendy Price-Baldassari, a Canadian dubbed "damsel in distress" because of sob stories she told strangers to scam them, has pleaded guilty in Massachusetts to larceny. She was put on three months probation.

THE ASSOCIATED PRESS

PHYLICIA TORREVILLAS/METRO FILE

▶ Gloria Taylor, who has Lou Gehrig's disease, had her right-to-die case fast-tracked yesterday.

Dying woman vows to hang on

◐ Right-to-die case expedited ◐ Time 'urgent': Judge

Deathly ill Gloria Taylor is refusing to die — yet.

Although she is living far longer than her doctors had predicted, she plans to hang on until her right-to-die case is hurried through a B.C. court.

B.C. Supreme Court Justice Lynn Smith agreed to a speedy trial for Taylor, who wants a doctor-assisted suicide.

"I am satisfied the time is urgent," Smith told a Vancouver court yesterday.

A four-week summary trial will begin Nov. 15.

Taylor's lawyer, Joe Arvay, said the decision to fast-track the trial means she may now have the chance to use a doctor to help her end her life.

"It doesn't make sense that it's legal for me to commit suicide, but it's illegal for someone to help me die at peace."
GLORIA TAYLOR

Taylor, 63, has Amyotrophic Lateral Sclerosis, or Lou Gehrig's disease, and Arvay said her condition is getting worse.

"Gloria is an amazing woman. She has lived much longer than the doctors had predicted," Arvay said. "She told me she was going to hang on as long as it took in order for her to exercise her constitutional rights."

Taylor, of West Kelowna, B.C., began experiencing the symptoms of ALS in 2003. Eighty per cent of people diagnosed with ALS die within two to five years of being diagnosed.

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News worth sharing.

Determined Filipino family ignores skeptics to succeed in Canada

When Erick Alfonso meets immigrants who feel overwhelmed, he gives them hope by telling his own family's story. In fact, the Manila native and his wife achieved personal success in a remarkably short time, by ignoring skeptics who scoffed at their Canadian dreams.

Now working as a Manager of Customer Service at Scotiabank in Calgary, Alberta, Erick remembers how friends discouraged them from immigrating to Canada with their five young children.

"They told us that you need Canadian experience to find a job," recalls the former IT project manager at a Philippine bank. "But we decided to try because we knew it was a good country to raise our kids."

Upon arrival in Canada in 2006, the Alfonsos discovered that many Filipino compatriots were juggling low paying jobs to survive. While Erick also took a temporary factory job to pay the bills, he refused to give up hope.

"A friend told me to open my first bank account at Scotiabank, and the teller was so helpful that I decided to submit my resumé," recounts Erick. To his amazement, the branch manager hired him within a month as a casual teller, and two months later, gave him a full-time customer support role.

"I was lucky that Scotiabank gave me the chance to prove myself," notes Erick, who has risen through the ranks and now serves many Asian customers at Calgary's Castleridge Centre Branch. "I can relate to them because I remember arriving with no bank account and no permanent address. The Scotiabanker explained everything to me, and I try to do the same for others today."

For example, Erick recommends the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits. He also provides plenty of first-hand financial advice.

"Since many newcomers arrive with personal savings, I help them invest their savings wisely, including short-term investments such as a Tax-Free Savings Account (TFSA), which lets them earn tax-free income that they can access later for other needs," says Erick.

He also explains the importance of building a Canadian credit history. "Some newcomers are afraid to use a credit card, but I tell them how it can help them achieve other goals if they use it responsibly."

Erick also gives pep talks on job searches, based on his experience and that of his wife, Maria Rosario, who within a year moved from a temporary accounting job to accounting manager with a local firm.

"We didn't do anything special, but we were determined. By believing in ourselves and supporting each other, we got through each difficulty," says Erick. "It is possible – If you show what you can do, you can build the right connections and open the door to a new life in Canada."

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK.

Now established as a Scotiabank Manager, Erick Alfonso welcomes other new Canadians to his branch.

Renee Omlas
Scotia advisor

"Renee helped open the door to my credit history in Canada."

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No 'Shady RATs' here, agency says

Canadian group denies it was hit by cyber-attacks
McAfee report says anyone can fall prey to hacking

The World Anti-Doping Agency says it "has yet to be convinced" that it was one of four Canadian operations targeted in an international hacking scam.

Security firm McAfee named the Montreal-based agency in a report released yesterday, saying its systems were compromised for 14 months starting in August 2009.

McAfee dubbed the hacker scheme Operation Shady RAT, with RAT being a common acronym in the computer industry meaning Remote Access Tool.

The agency concedes there was a breach of its email servers in February 2008, but says it has no evidence of other violations.

Market moment

PRICES AS OF 4 P.M. YESTERDAY

TSX	Dollar
+ 63.71 (12,816.03)	- 0.25¢ (103.89¢ US)
Oil	**Natural gas**
- $1.86 ($91.93 US)	1,000 cu ft $4.090 US (- 6.5¢)
	Gold $1,666.30 US (+ $21.80)

David Skillicorn, of Queen's University, says such skepticism illustrates a stark reality: Most organizations don't know when they've been compromised. He says the McAfee report, which cited 72 intrusions worldwide from the same source over the past five years, was based on reliable research and is probably accurate.

McAfee also says two unidentified Canadian government agencies were targeted, the first in October 2009 for six months and the second in January 2010 for one month.

It says the governments of the U.S., Taiwan, India, South Korea and Vietnam were also on the target list, along with the IOC, the UN and many companies.

THE CANADIAN PRESS

Rough. Trade

▶ A trader works the floor of the New York Stock Exchange yesterday.

JIN LEE/THE ASSOCIATED PRESS

An ill wind blowing

Economic reports released yesterday showed fewer U.S. factory orders, a slowdown in the service industry and rising supplies of crude and gasoline. The weakening U.S. economy seems to be driving home a message of lower consumption. Without strong consumer confidence to invigorate growth, there is mounting fear on Wall Street that the United States risks sliding into a long-term economic coma.

Deadline extended for TMX takeover

A consortium trying to take over the operator of the Toronto stock exchange is giving investors until Sept. 30 to decide whether they want to tender their shares.

Maple Group Acquisition Corp. said yesterday that it is extending the deadline while it continues trying to get required approvals to purchase TMX Group Inc., and will further extend the deadline if necessary.

Maple has said it expects securities regulators and the federal Competition Bureau to make a ruling by the fall. THE CANADIAN PRESS

$3.8B

Maple Group is offering $3.8 billion to acquire 70 to 80 per cent of the shares of TMX Group Inc.

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HE SAYS ...

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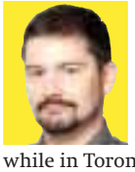


For their summer vacation my parents have been visiting me in Toronto from Saint John, N.B., and so far I've had a lovely time taking them to restaurants, touring museums and preparing their eulogies.

My parents are only 54, which is young for parents, but 54 is also the average temperature difference between the two cities. In Saint John, a beautiful morning is one where the fog will burn off in time for the evening commute, while in Toronto I've been known to chase refreshing breezes down the street, screaming at them to come back.

So my parents have been attempting to have a good time, largely successfully, despite melting like plastic army men under a magnifying glass. Dad, in particular, looks like he could do that body-shake dogs do when they've just crawled out of a lake — except instead of laughing playfully the people nearby would run like they were fleeing a nuclear meltdown.

"When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on."

Aside from the risk of Mom and Dad spontaneously combusting, there's also the fact I rarely see them, meaning new ailments they've acquired during the past year come as a mild shock. My mother has a new knee problem that makes stairs seem like the equivalent of a military rope climb, and my dad's so farsighted now that he holds menus out in front of him like he's driving a go-kart.

They've become my canaries in the coal mine, essentially, telling me which things are going to fall apart on me first.

So I watch Mom and Dad with a blend of admiration and worry, the beginning of that role reversal families go through where eventually the kids are looking after the parents. I fret after every parental wince, as they did for me when I was a kid (presumably).

And as I write this sentence, I haven't heard from them in seven hours and don't understand why they haven't called. Don't they know I'm worried sick? What if they're lost on the streets of Toronto? They won't know what to do.

After all I've done for them.

When the switch to caretaker is complete, I plan to make them eat their vegetables and play outside on sunny days, even if their favourite show is on.

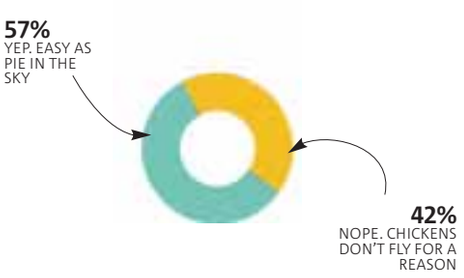
But before the role reversal happens, I also want to say thank you to them, not only because they've been my guides, my support and my friends, but also because I fully expect them to be dead by the end of the week.

Just remember, readers, that they were kind people, they were good people...

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Would you brave Edgewalk at Toronto's CN Tower?



Local tweets

- **@girlone:** So far my Google+ people are NOT all that active in using the medium. Makes it even harder to want to bother with.
- **@bensigurdson:** I promise, LAST thing I'll say on Jets logo - classic logos look designed by hand. This looks like it was designed in a computer program.
- **@geliciouss:** MAN I flipped my room upsidedown looking for my wallet, then I remembered I left it at @lalalamael 's house -_- " HEY UGLY I'M PICKING IT UP!
- **@stateofthecity:** If you want to build something before you've figured out how to pay for building it, apparently #Winnipeg is your place!
- **@number23_rob:** Worst part about the end of #NFL lockout: People talking about the "Jets" but not meaning Winnipeg. #NHL
- **@MissOkenwa:** Winnipeg, the one place where no one runs from the rain :). Just walk..
- **@GraceAKing:** Got some tims coffee and I'm ready to take on the winnipeg zoo! I'm ready to see some baboons!

Letters

RE: A particle of hope amid tragedy, published July 29.

Mr. Sullivan, you write some pretty glib remarks in your editorials, but I believe your crass remark about Jack Layton as "the champagne socialist" has to be one of the most crass I've read.

Layton is leader of a social democratic party, not socialist. Your flippancy is really quite uncalled for at this time during serious illness.

PEGGY O'NEILL
EDMONTON

RE: Hey — can I get your number? published August 2.

Hi Jessica, You may be very interested in one man's enlightened opinion with respect to women, empowerment, sexuality and the whole "what is a respectable number" debate, including the whole notion of women being perceived as "sluts" for enjoying sex too much.

Look up Johnny Soporno's online web tutorial/videos on being a worthy playboy, where he discusses the societal psychology surrounding women's sexuality. Thanks for the great column today!

DAVID CORMICAN
TORONTO

Cartoon by Michael de Adder

WEIRD NEWS

One little peacock sitting on a wall...

A peacock with a sense of adventure — and a good sense of direction — has flown back home to New York's Central Park Zoo.

On Tuesday, humans flocked and tweeted as the peacock left the zoo for a perch on a Fifth Avenue window ledge. It had good taste: A condo there reportedly sold for $22.5 million in 2009.

Zookeepers predicted the handsome green and blue bird would make its way home — and it did just before 7 a.m. local time yesterday.

It's been a rebellious season in the city zoos. In March, an Egyptian cobra was found nearly a week after it went missing at the Bronx Zoo's Reptile House.

Two months later, a zoo peahen was recovered at a nearby auto-body shop.

THE ASSOCIATED PRESS

FRANK FRANKLIN II/THE ASSOCIATED PRESS

▶The fly-away peacock

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2 scene

An Evening with Amon Amarth

Swedish metal band coming to Winnipeg

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

On its current North American trek, Swedish melodic death metal band Amon Amarth is performing two full sets: the first, their latest album Surtur Rising in its entirety, and the second, a "best of" the group's extensive back catalogue.

"It's a bit of a challenge," says drummer Fredrik Andersson.

"We have a couple of what you could call classic albums, but with every release we put out we've managed to interest more people into our music, so it really felt right to promote the new album this way."

Released in March on Metal Blade Records, Surtur Rising, like all Amon Amarth albums, deals in Norse mythology.

The lyrics follow Surtr, "the black one," who during the events of Ragnarök slays the god Freyr with his fiery sword, engulfing Earth in flames. A loose concept record, Surtur's story structure lends itself well to a live situation.

"When we put together an album we always try to get a good flow and with this album, the way the songs are placed, there's a natural flow from beginning to end," Andersson says. "In that sense, all the songs feel really natural to play from beginning to end. There is a natural progress during the set which is really cool I think."

CONTRIBUTED

▶ On their current tour, Amon Amarth does not have an opening act. Instead, they perform two full sets.

The eagle lands

- Canadian troubadour Fred Eaglesmith plays The Park Theatre on Friday, his second 'Peg performance in a month.
- Over 30-plus years and 18 albums, the ramblin' gamblin' music man has earned many a "Fredhead" with his hard-touring ways and constantly changing style.
- Tickets are $25 at The Park and ticketbreak.com. Show time is 8 p.m.

What makes the show even more special is that the band is touring without a support act. When a show sells out, it's all because of Amon Amarth.

"It's a pretty great feeling," Andersson says. "It's a bit of statement both for us and for people who maybe didn't believe in us a few years ago. Obviously, it's a big boost for the band morale."

An Evening with Amon Amarth goes down Tuesday at The Garrick Centre. Tickets are $37.75 at Ticketmaster. Show time is 7 p.m.

News in brief

Oprah Winfrey, James Earl Jones and makeup artist Dick Smith have been picked to receive honourary Oscars. The Academy of Motion Picture Arts and Sciences says the three will be honoured with Oscar statuettes at the Governors Awards in November.
THE ASSOCIATED PRESS

Plenty of Gemini noms to go around

The Toronto-set cop series Flashpoint and Jason Priestley's edgy dark comedy Call Me Fitz lead the nominees for Canada's top television awards.

CTV's cross-border hit Flashpoint is in line for 17 Gemini trophies, including an acting award for star Enrico Colantoni.

HBO Canada's Call Me Fitz nabbed 16 nods, including an acting nomination for former Beverly Hills 90210 star Priestley.

The Academy of Canadian Cinema & Television announced the contenders yesterday morning, when it also showered some big-budget miniseries with multiple nominations.

History Television's The Kennedys and The Movie Network and Movie Central's Pillars of the Earth each scored 10 nods.

Meanwhile, Bravo's papal drama The Borgias nabbed eight.

MuchMusic's long-running teen soap Degrassi earned several nominations for a much-lauded season that drew Emmy attention and a Peabody Award earlier this year.

Three of its nominations are for a groundbreaking episode centred on a teen who was born female but lives life as a male.

Other multiple nominees include TMN/Movie Central's Living in Your Car with 10 nods, CBC's 18 To Life with seven, CBC's Being Erica with six, CBC's The Tudors with six and History Television's Ice Pilots with five.

Flashpoint is up for best dramatic series against Bravo's The Borgias, Showcase's Endgame, TMN's Skins and CBC's The Tudors.

Fitz faces off for best comedy against CBC's 22 Minutes, TMN's Good Dog, CBC's Halifax Comedy Fest 2010, TMN's Living In Your Car and CBC's Rick Mercer Report.
THE CANADIAN PRESS

HANDOUT

▶ Flashpoint's Enrico Colantoni is nominated for a Gemini award.

Awards time

- The Gemini Awards will take place over three nights in Toronto beginning with non-televised industry bases on Aug. 30 and Aug. 31.
- They culminate with a televised gala Sept. 7, to be broadcast on CBC-TV.

Gay and lesbian group supports diversity efforts at ABC Family. Scan code for more.

Glee star dishes on looks

Glee star Lea Michele is the first to admit she doesn't have the most conventional Hollywood look.

"I'm 5-foot-3. I don't look like a lot of other people, you know what I mean?," the 25-year-old actress tells Harper's Bazaar.

"How many managers told me, 'Get a nose job. You're not pretty enough'?" she says.

METRO

▶ Lea Michele

Lautner buys new ride

Talk about an impulse purchase.

Twilight star Taylor Lautner was reportedly walking by a Mercedes Benz dealership in L.A. with his parents recently when he spotted a silver 2012 SLS AMG sports coupe — and simply had to have it, according to TMZ.

The 19-year-old actor dropped more than $200,000 on the car and drove it off the lot the same day.

METRO

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Celebrity Tweets

"Omg, I'm so embarrassed, paparazzi just blinded me with flashes again, as I was walking into dinner. They pushed me and I tripped :("
@lindsaylohan

Pain can be a gift just not yet revealed. It all depends on how you choose to react to it. Remember it is happening for you, not to you!
@mrskutcher

"My twitter muscle has atrophied."
@DonaldGlover

All the auto-tune in the world still doesn't sound as cool as talking into a desk fan.
@SethMacFarlane

Winehouse had big plans for the future, says source

Troubled singer wanted to marry, have children with boyfriend

ALL PHOTOS GETTY IMAGES

▶ Amy Winehouse was determined to clean up her life, says a source.

Amy Winehouse had lots of plans for the future when her life came to an end last month.

Aside from her plans to adopt a young girl from St. Lucia, the tragic singer was reportedly planning to marry boyfriend Reg Traviss, according to the Sun.

"Amy was adamant about sorting herself out. Reg's proposal made her even more determined. She didn't want to carry on the way she was," a source says.

"She wanted nothing more than to be his wife and to start a family with him.

"She wanted to get rid of her demons so badly."

Winehouse, who had struggled with drug and alcohol abuse, was found dead in her Camden, London home on July 23.

An autopsy could not establish the cause of death.

Winehouse was 27 at the time of her death.

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Janet engaged

Janet Jackson is reportedly engaged to Qatari businessman and billionaire Wissam Al Mana — and has been for almost a year, according to Hollyscoop.

Sources say the secret proposal happened last year, but Jackson was in the middle of a tour and wasn't ready to go public with it yet.

"Janet's telling friends that an official engagement will come by summer's end, and that she and Wissam will marry in late 2011," says a source close to the singer.

METRO

▶ Janet Jackson

Fawcett's son arrested for heroin possession

Redmond O'Neal, son of Ryan O'Neal and Farrah Fawcett, is in hot water again, having been arrested for heroin possession in Santa Monica, according to Radar Online.

Police sources say they witnessed O'Neal engaged in an argument at a store.

After the argument, he got into his car and ran a red light.

Police then pulled him over and searched his car, where they found the narcotics.

He was held without bail.

O'Neal has a history of drug-related charges.

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3 life

Becks and H&M team up

David Beckham is getting a new set of teammates through a long-term partnership with H&M. The Swedish chain says the long-term alliance will allow the British athlete to produce and exclusively sell his bodywear line in some 1,800 stores and in about 40 countries worldwide.

THE CANADIAN PRESS

Grace Coddington's story from the front row of fashion will be told in a memoir

It's summer outside, but it's fall in the mall

How to sport a style that reflects the very best of both seasons ● Lightweight layers are key

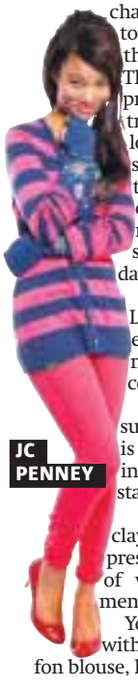
Officially, summer has weeks left on the calendar, but retailers have begun the transition from lightweight and lighthearted vacation clothes to the more dressed-up, sophisticated styles that come with fall fashion.

The tricky part, they say, is that while it's good to infuse the excitement of a new season into stores, shoppers can be so enthusiastic about their new purchases they want to be able to wear them right away. That can be a problem when traditional fall looks — think sweaters, long trousers and outerwear — might not be suited to the dog days of August.

The solution? Lightweight layers in a deeper, more autumnal colour palette.

"The consumer in general is forward looking but wants instant gratification," says Barclay Resler, vice-president and head of visual management for Esprit.

You can do that with a pretty chiffon blouse, he suggests, or a short-sleeve knit dress, maybe with some buckle detail at the waist.



JC PENNEY

KOHL'S

ANN TAYLOR

KOHL'S

THE CHILDREN'S PLACE

Lisa Axelson, head designer of Ann Taylor, has already worn her sleeveless trench — with a silk blouse and cropped black pants — but it'll go with flannel trousers and long gloves later. It is "the perfect wear-now-and-layer-later piece," she says.

Fabric choices are very important, says Banana Republic creative director Simon Kneen, a fan of tropical-weight wool. "It's designed for tropics. It's airy, and the weave is more open, but it will look refined. It has a hand touch that drier and cooler, but you can have it in a dress, trouser, skirt, jacket — and those are the foundations of your fall closet."

Lightweight chambray denim serves the same purpose for more casual pieces.

Navy is a favourite transitional colour for Resler because it plays crisp and clean against white pants, but more luxurious with high-waisted trousers in grey, camel or brown. A ruffled, navy-and-white dot blouse in stores now has it all, he says, a cheerful vibe to finish out the summer, but ladylike enough to carry through the year.

Warm shades of orange, amber and green are trends at Kohl's for fall, but they're not dark colours, either, so they fit into a variety of weather landscapes, says David Hacker, vice-president of trend and colour.

Kneen says Banana Republic — and he imagines other retailers, too — has learned to work in the mindset of many mini-fashion seasons filled with versatile pieces instead of sweeping in with major changes twice a year.

"The consumer in general is forward looking but wants instant gratification."

BARCLAY RESLER
VICE-PRESIDENT OF ESPRIT

As a children's retailer, The Children's Place switched to its back-to-school merchandise in the middle of July to capitalize on the shopping-spree days before kids go back to class.

However, says Michael Giannelli, senior vice-president of design, all he needs to do is walk outside to be reminded that "fall is really a summer delivery."

JC PENNEY

THE ASSOCIATED PRESS

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Gimme, gimme Moore

Years later we still want to steal this actress' style

As a young teenager, before the fame, kids, paparazzi and front-row seats at fashion shows, Demi Moore regularly passed an Ann Taylor store at a local mall, taking note of the clothes.

In the years since, she's been a red-carpet rebel, jeans-wearing mom, bikini globe trotter and Versace model. Now her style evolution has come full circle, and Moore is the star of the Ann Taylor fall ad campaign.

She is the latest Hollywood connection for a company that previously tapped Katie Holmes and Naomi Watts to court its shoppers.

EVAN AGOSTINI/AP PHOTO

DAN STEINBERG/AP PHOTO

▶ Fashionistas have given Demi Moore the thumbs up time and again for her elegant and enviable apperance.

"I feel like I've known Ann Taylor since I was a kid. I've watched the clothes move into support for the working woman," said Moore, 48, during a break at a recent photo shoot in L.A. "It used to be a lot of suiting. I've seen as we've changed, that they've changed, reflecting on how we live as modern women, which is wearing things that take us from day to night, from workout to work to weekend."

Looking at Moore's own fashion history, she's changed a lot, too. She has done the menswear thing, the retro siren and many plunging necklines. She's been bald and buff and totally bare. (Remember the Vanity Fair cover when she was pregnant in 1991?)

In recent years, she has developed more of a signature look - one that's both sophisticated and sultry - which has won her praise from fashion insiders.

ANN TAYLOR/AP PHOTO

▶ Demi Moore in Ann Taylor's fall ad campaign.

"We have to remember it's OK to take risks. Sometimes it will work and sometimes it won't. For me, I know there's a certain kind of balance of criteria. I like things that are classic. I want to know that I'll look in my closet five years from now and that piece still has a place. I don't have room or time for something's that just absolutely of the moment."

She has no problem taking some cues from the past, though. "I look at Katharine Hepburn, from the '30s and '40s, and the women of the '70s, Bianca Jagger," said Moore.

"When we're young, we're finding ourselves, what we like. I can say there are certain things that remain a constant. I've always loved vintage. I've rested in a place that's classic, with a twist."

That's the look you see in the Ann Taylor ads, shot by top photographer Patrick Demarchelier at one of Rockefeller Center's rooftop gardens in New York City against a backdrop of towering buildings. In one ad, the star of movies Ghost and A Few Good Men stands confidently, hands on her hips, wearing a '60s-esque beige wool cape and a black blouse edged in lace. THE ASSOCIATED PRESS

Embrace the bright

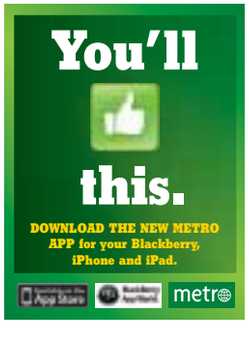
THE KIT

Bobbi Brown's Peony & Python Palette, part of a special collection with fashion label Tibi, balances the season's purples and pinks with grey neutrals. $60, bobbibrown.com

Chanel Ombres Perlées palette puts the shine in your eyes with iridescent shades inspired by Coco's love of pearls. $66, chanel.com

A radiant complexion actually is easier to find than the perfect guy. To wit, Benefit's Finding Mr. Bright—a cheeky kit featuring its top face brighteners: Girl Meets Pearl highlighter, Posietint lip and cheek stain, High Beam enhancer and Erase Paste concealer. $40, benefitcosmetics.com.

SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.



Impress your ma in-law

- **Home improvements she actually will notice**
- **Create a more elegant and welcoming house**

DIY IDEAS

They say "mothers know best" but this goes beyond just maternal wisdom and into the basics of how to manage a home.

When preparing for a visit, put down the duster and add these items to impress the one person with often the most discerning eye.

Crystal candleholders

Just like a valuable diamond bracelet that makes a whole outfit pop, so too does a treasured home accessory.

Whether crystal candleholders or antique table lamps, a mother always picks up on the embellishments that show good taste. Scatter such items around the space for a sophisticated look.

Framed family photos

Whether preparing for guests or decorating a home, it's important to remember that a home is not a hotel — it needs to be personal.

When entertaining, serving you-know-who's favourite dish or having a photo of her placed prominently in a room can often do more than any other preparation, warming up a room and… a mother-in-law's heart.

The well-dressed window

When designing a home, both interior designers and seasoned homeowners know, the well-dressed window goes a long way towards making a room look truly finished.

To get the mother-in-law to say "wow," try Hunter Douglas Pirouette window shadings for a beautiful new option in light control. This window treatment features soft horizontal fabric vanes attached to a single sheer backing.

The vanes can slide into a flattened position for superior light blockage and a smooth look, be partially opened for a contoured look with privacy or fully opened for a soft-focus view and gently filtered light with UV protection.

ISTOCK

▶ Small homey touches make your home feel personal.

Forget about flat screens, update kitchen appliances

While many men can determine the size of a flat screen by a quick glance, when it comes to most women, they will often eye the brand of an oven before determining if a TV is HD. If you can make more major updates, try an item that is sure to be noticed such as a Sub-Zero refrigerator or a new Viking, Wolf or gourmet La Cornue range.

NEWS CANADA

CHARLES THE BUTLER

ASKCHARLESTHEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLESMACPHERSON.COM

Question:
Hi Charles!
I read your advice where you suggested cleaning with a solution of 50/50 water to white vinegar. Is this correct? That seems to be a lot of vinegar.
Edda Loomes

Answer:
Dear Ms. Loomes,

The solution of 50/50 for water to white vinegar is a very good Multi-purpose cleaner.

It may sound like a lot of vinegar, but this is in fact the correct formula.

GOT A QUESTION? EMAIL CHARLESTHEBUTLER@METRONEWS.COM

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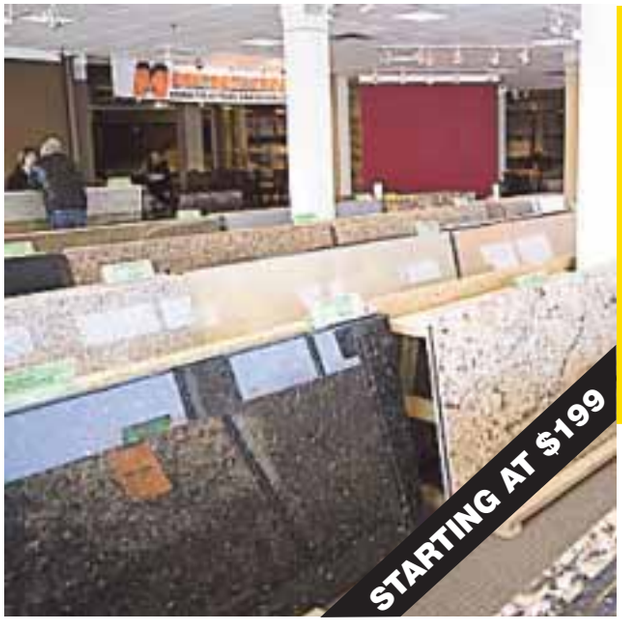

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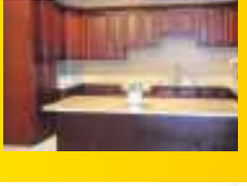

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Weekly Cookbook

Especially during the summer, you want to enjoy life's sweeter side without tipping the scales. That's where Sweet & Skinny by Marisa Churchill (Clarkson Potter, 2011) comes in.

In her debut book, Churchill, a pastry chef, presents 100 low-fat recipes (including 25 sugar-free variations). From quick weeknight desserts that take less than 30 minutes to elegant finales for dinner parties and holidays, Sweet & Skinny has everything to satisfy your cravings.

Among the recipes are: Red Velvet Cupcakes, Boston Cream Pie, Coconut Cake, Chocolate Peanut Butter Cups, Pecan Sticky-Bun Coffee Cake and many others.

Bring on the healthy fat

Salmon's unsaturated fats are key to its moist texture **Team it with a mushroom hash**

MATTHEW MEAD/ THE ASSOCIATED PRESS

▶ The earthy flavour of the shiitake mushrooms with shredded potato complements the fish.

Though relatively high in fat — especially compared to most white fish — salmon is a great choice for a healthy diet.

That's because salmon's fats fall mostly in the good-for-your-heart unsaturated category. Which is a happy coincidence, because that fat happens to be key to salmon's moist texture and rich, indulgent flavour. It also makes it a breeze to cook. The oils in salmon make it hard to overcook and dry out.

So for a simple and healthy summer dinner, we've paired salmon with a mushroom hash. The earthy flavour of shiitake mushrooms mixed with shredded potatoes complements the rich fish. And a touch of soy sauce lends a pleasantly salty touch to cut through the oil.

Salmon with Shittake Mushrooms

Ingredients:

- 30 ml (2 tbsp) olive oil, divided
- 175 grams (6 oz) shiitake mushrooms, stemmed and sliced
- 2 shallots, chopped
- 1 small red onion, chopped
- 2 small red potatoes, grated
- 30 ml (2 tbsp) low-sodium soy sauce
- Ground black pepper, to taste
- Four 125-gram (4-oz) salmon fillets
- 1 scallion, thinly sliced

Preparation:

1. In large sauté pan over high, heat 15 ml (1 tbsp) of the olive oil. Add mushrooms and sauté until well-browned, about 10 minutes. Lower heat to medium-high, then add the shallots and onion. Sauté for 6 to 8 minutes, or until the onion becomes soft. Add the potatoes and continue to cook until the potatoes are tender and beginning to brown. Season with the soy sauce and black pepper.
2. In another large sauté pan over medium-high, heat the remaining tablespoon of olive oil. Cook salmon fillets for 5 minutes per side, or to desired doneness. Serve each piece of salmon with the shiitake hash. Top everything with a sprinkling of scallions.

THE ASSOCIATED PRESS

Wheat berries: a fresh taste

These softended wheat kernels are a great alternative to pasta or rice

THE CANADIAN PRESS/ FOODLAND ONTARIO

▶ This recipe makes four servings.

Fresh peas in this salad are combined with wheat berries. These 'softened wheat kernels' are a tasty and economical change from rice or pasta that can be found in bulk food stores. Cook a larger quantity than needed, then just drain and freeze for an easy meal another day.

Ingredients:

- 250 ml (1 cup) wheat berries, rinsed
- 250 ml (1 cup) peas
- 250 g (8 oz) slab bacon, about 2.5 cm (1 inch) thick
- 45 ml (3 tbsp) lemon juice
- 15 ml (1 tbsp) honey
- 0.5 ml (1/8 tsp) hot pepper flakes
- 125 ml (1/2 cup) chopped red onion
- (1/2 cup) chopped fresh coriander
- Salt and pepper, to taste
- 1.5 l (6 cups) arugula
- 500 ml (2 cups or 1 pint) cherry tomatoes, halved
- mint leaves (optional)

Preparation:

1. In a large saucepan, bring wheat berries and at least 2 l (8 cups) water to a boil; reduce heat and simmer, covered, for 1 1/2 hours or until tender. Add peas; simmer for 2 minutes. Drain and rinse well in colander. Set aside in colander to continue to drain.
2. Meanwhile, cut bacon into bite-size pieces. Cook in a skillet over medium-low heat until lightly crisped; drain on paper towel-lined plate. Keep warm.
3. In a large bowl, whisk together lemon juice, honey and hot pepper flakes. Add drained wheat berry mixture, onion and coriander; toss well. Season with salt and pepper. (Salad can be prepared up to 24 hours ahead; cover and refrigerate. Serve at room temperature.)
4. Line 4 dinner plates with arugula. Top with wheat berry mix and warm bacon pieces. Garnish with tomato halves and, if desired, fresh mint leaves.

THE CANADIAN PRESS/ FOODLAND ONTARIO

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4 sports

Quoted

"Clearly I think it's a bit unfortunate for Canada to have two big events like this at the very same time. But I guess it's sometimes what it is."

ROGER FEDERER, WHO IS NOT A FAN OF THE ROGERS CUP'S NEW FORMAT THAT WILL SEE TORONTO AND MONTREAL EACH HOSTING TOURNAMENTS AT THE SAME TIME INSTEAD OF OVER BACK-TO-BACK WEEKS. IT'S PART OF A WTA TOUR AND ATP TOUR INITIATIVE FOR A HANDFUL OF TOURNAMENTS THIS SEASON, WHERE MEN'S AND WOMEN'S DRAWS WILL BE COMBINED INTO ONE EVENT.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Jaden Schwartz kisses his sister's urn during a funeral for Mandi Schwartz in Wilcox, Sask., on April 8, 2011.

Sister's death shapes young hockey player

Jaden Schwartz works through grief of losing sibling to cancer while he attends the Canadian junior team's summer camp in Edmonton

Jaden Schwartz views the world through a different lens than many other hockey players his age.

In conversation, Schwartz seems older than his 19 years. Watching his sister Mandi succumb to cancer earlier this year changed his perspective on his life.

Hockey is important to him, as it was to Mandi. Schwartz fractured his ankle in the second game of world junior hockey championship in Buffalo, N.Y., this year and watched from the sidelines as the Canadian team collapsed in the third period of the gold-medal game and lost to Russia.

That stung, but Mandi was fighting for her life at home in Wilcox, Sask., while he was at the tournament.

"Obviously me getting hurt, that's nothing compared to what she went through," Schwartz said. "Obviously the loss is tough for everybody and it's a learning experience, but when you see Mandi go through that, it puts things in perspective and you know what's most important in life.

"It really changes you in a different way."

Mandi, who played for the Yale Bulldogs women's hockey team, died April 3 of leukemia at the age of 23.

Schwartz, brother Rylan — a teammate at Colorado College — and parents Rick and Carol are working through their grief this summer.

"It's obviously been tough," Schwartz said. "Without family and friends, I don't know if it's possible to get through something like that. I can't even start to explain how much it means to us.

"Mandi helped us a lot too, knowing how strong she was and how she supported us. I know she wouldn't want us to be sad all the time and down. She'd want us to keep on trucking. Her favourite motto was 'struggle and emerge' and that's what we're trying to do."

THE CANADIAN PRESS

Canadian aids NFL teammate who suffers seizure

Canadian rookie lineman Danny Watkins put his first-aid skills to good use yesterday when a Philadelphia Eagles teammate suffered a seizure at training camp.

Watkins, a trained firefighter from Kelowna, B.C., provided assistance when defensive tackle Mike Patterson dropped to the ground at morning practice and started violently shaking. Patterson was also tended to by team trainer Rick Burkholder and his staff before being transported to Lehigh Valley Hospital.

The six-foot-one, 300-pound player is stable and was scheduled to undergo further tests, Burkholder said.

Patterson, 28, was the Eagles' first-round pick out of USC in 2005. He's started 84 games and played in 95, the most of anybody on the current roster.

Watkins, 26, has played just four years of competitive football.

He took up the sport while studying firefighting science at Butte Community College in Northern California in 2007.

"You never want to see a player go down like that," Watkins said.

"The staff said he's going to be fine. Hopes and prayers are going to be with him tonight."

Patterson's agent JR Ricket said in a statement that the player is "in no pain and doing well."

THE ASSOCIATED PRESS

Sports in brief

Lions swing deal for Bruce

CFL. The B.C. Lions are gambling veteran receiver Arland Bruce will give them a spark to help the struggling team turn its season around.

B.C. obtained Bruce from the Hamilton Tiger-Cats yesterday in a trade for a third-round draft pick in 2012 and an additional conditional selection.

The Lions, the CFL's only winless team at 0-5, are hoping Bruce brings some veteran experience to a young receiving corps that has dropped passes at critical times.

Bruce is expected to play slotback along with Geroy Simon.

THE CANADIAN PRESS

Illegal poker probe for A-Rod

Major League Baseball plans to interview Alex Rodriguez as it investigates allegations the New York Yankees star took part in illegal celebrity poker games.

MLB said in a statement yesterday: "We take this very seriously and have been investigating this matter since the initial allegation. As part of the investigation, the commissioner's office will interview Mr. Rodriguez."

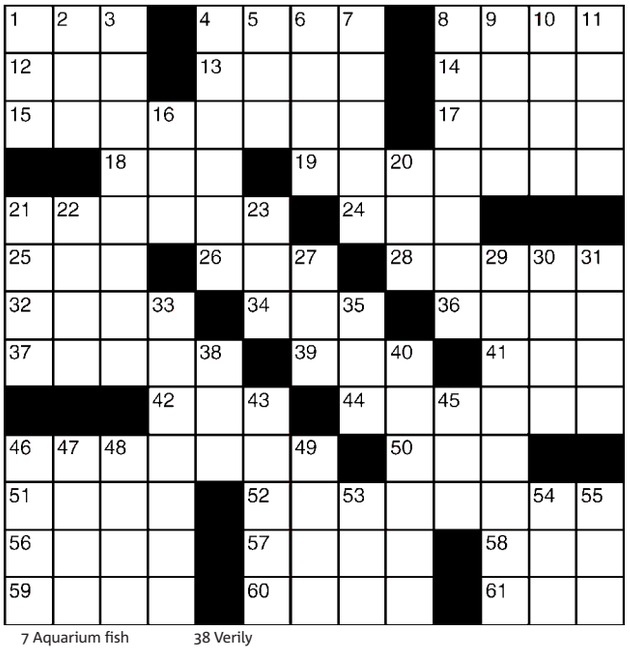
Star Magazine reported last month that several people saw A-Rod playing at one of the games hosted at Hollywood hotels and private residences; his spokesman denied then that he participated.

MLB said then that the report was the first the commissioner's office had heard about the accusation and baseball officials would look into the matter.

A spokesman for the Yankees declined comment when asked about Rodriguez.

THE ASSOCIATED PRESS

Crossword



Across

1 Six-pack muscles
4 "Huh?"
8 Slender
12 Speck
13 Ginormous
14 Last few notes
15 Good poker hand
17 Stead
18 Possess
19 Weapon collection
21 San Fernando, for one
24 Melody
25 Have a bug
26 Witnessed
28 Stickum
32 March 15, e.g.
34 Central
36 Bring to a halt
37 Bold
39 Roscoe
41 Regret
42 Conger, e.g.
44 Coy
46 Puts in the wrong place
50 Tatter
51 Help slyly
52 Vigor
56 Paddock papa
57 "My bad"
58 Writer Buscaglia
59 Despot
60 Dalai —
61 Tackle's teammate

Down

1 Billboards
2 Automaton, for short
3 Modern-day pram
4 Complains feebly
5 Embrace
6 Ottoman bigwig
7 Aquarium fish
8 Eyeball coats
9 Pork cut
10 Concept
11 Manhandle
16 Piercing tool
20 Taste
21 Futile
22 Staffer
23 Sweet potato kin
27 Peruke
29 Fight
30 Go sightseeing
31 Duel tool
33 Less corpulent
35 Old man
38 Verily
40 Singer Brewer
43 Disinfectant brand
45 Chap
46 Spar
47 Wading bird
48 Antitoxins
49 Old portico
53 Spinning stat
54 Coffee break hour
55 Scuttle

▶ Yesterday's answer

D	N	A			D	A	D	A		S	A	G	E
I	O	N			E	R	I	C		U	R	A	L
S	A	N			E	I	G	H	T	B	A	L	L
C	H	A	M	P				Y	E	T			
				I	S	B	N		E	L	D	E	R
S	T	A	T	E	A	I	D			E	A	S	E
U	R	N			A	N	T	E	S		N	A	E
M	I	N	K		G	R	E	A	T		A	U	K
S	P	O	O	R			O	R	N	E			
				W	A	N			C	A	B	I	N
W	A	I	T	F	O	R	I	T			E	V	E
A	F	R	O			P	E	R	U			T	A	X
S	T	E	W			E	D	A	M			A	N	T

Sudoku

		1	8			2		
7	8			4	5			
9			3				5	
8				7				9
		6				5		
2				1				8
	4				3			1
			7	6			9	5
		3			9	6		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	9	7	4	2	8	3	6	1
2	1	8	3	7	6	9	4	5
3	4	6	1	5	9	8	2	7
8	7	3	9	6	2	1	5	4
4	5	1	7	8	3	6	9	2
9	6	2	5	4	1	7	3	8
7	2	9	8	3	4	5	1	6
6	3	5	2	1	7	4	8	9
1	8	4	6	9	5	2	7	3

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lu, I miss you. I love you. You're never far from my heart or my thoughts. Pleaes come home. I'll be waiting. **NA**

Lucky Lukey, I admire your optimism, your strength, your brilliance, and beauty. You have been there for me through crazy times, and with you I feel I can conquer anything. To my partner in crime, my best friend, my lover, my adventurer, I hope to give you all you have given me in the years to come. **DAZED**

Bubble in a soda pop, I am thankful everyday to have you in my life and even though it's only been 6 months I can say you're absolutely the only one for me, my best friend, my lover and my soulmate! You are my rock and cause of you I'm a better person. **LOVE BUG**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min 17°	Min 16°	Min 16°
Max 30°	Max 28°	Max 26°

Jenna Khan, Weather Specialist

BT BREAKFAST TELEVISION

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Someone in a position of power will say nice things about you. His or her flattery has other motives.

♉ Taurus April 21-May 21 Don't let a rival drive a wedge between you and someone you love.

♊ Gemini May 22-June 21 If someone tries to take liberties, you must deal with him or her harshly. Tread on toes if you must.

♋ Cancer June 22-July 22 If you let something that seems trivial pass today, others will take it as a sign you can be bullied.

♌ Leo July 23-Aug.23 Do what you can to please a person whose support you rely on but don't go to extremes or make empty promises.

♍ Virgo Aug. 24- Sept. 22 Others will respect you more today if you say what you mean and mean what you say.

♎ Libra Sept. 23-Oct. 23 Stop worrying that not all your plans have worked out as expected.

♏ Scorpio Oct. 24-Nov. 22 The more others appeal to your sense of duty, the more you should be suspicious of their motives.

♐ Sagittarius Nov. 23-Dec. 21 Don't trust what you are told just because the person doing the telling is some sort of expert.

♑ Capricorn Dec. 22-Jan. 20 The only way out of your predicament is to face your unhappiness.

♒ Aquarius Jan. 21-Feb. 18 Family members need to be reminded that you care about their wellbeing. Spend time with them.

♓ Pisces Feb. 19-March 20. If someone at work acts out of character, think about it and ask how you can help. **SALLY BROMPTON**

Caption contest

MORRY GASH/ THE ASSOCIATED PRESS

RICK BOWMER, FILE/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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